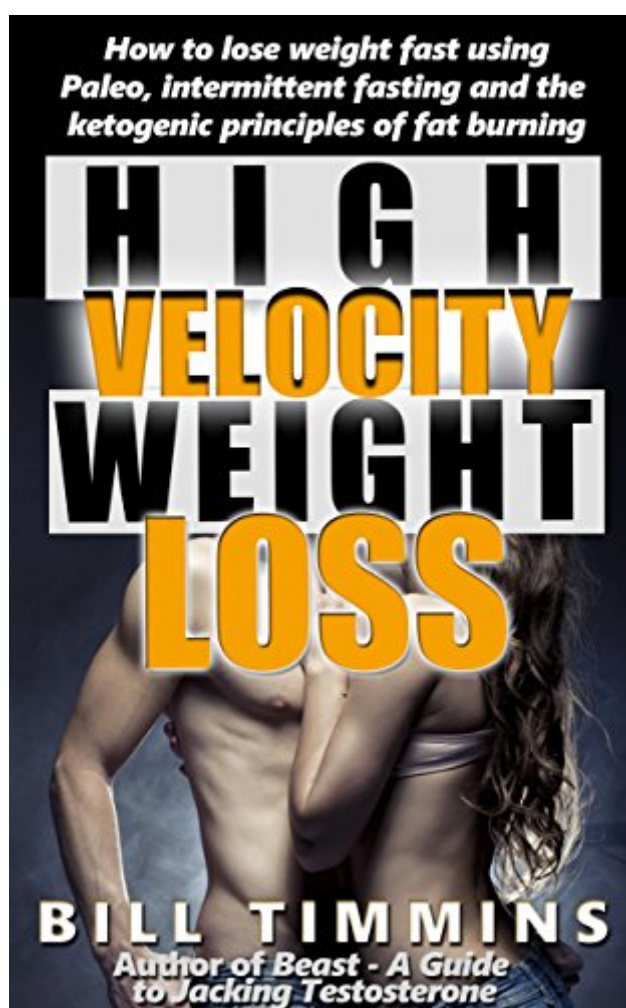


The book was found

High-Velocity Weight Loss - How To Lose Weight Fast Using Paleo, Intermittent Fasting And The Ketogenic Principles Of Fat Burning



Synopsis

Do you need to lose a LOT of weight and QUICKLY? Take advantage of the latest science in FAST weight loss used by MMA Fighters and Boxers For long term healthy weight loss, Billy Timmins is not a fan of dramatic and fast weight loss as most people eventually put the weight right back on when they stop "dieting". Despite this, there are occasions where rapid and dramatic weight loss is required, with long term effectiveness being largely irrelevant.. Are you -- A model or entertainer who needs to strip weight for an upcoming job or event? - Someone who needs to look as good as possible for a member of the opposite sex for whatever reason? (Then you can dazzle them with your personality!)- Someone who has an important event coming up like a class reunion or a wedding where you need to be able to fit into a specific outfit or look your best? - A sportsperson such as a boxer, weightlifter or wrestler who needs to quickly get down to a specific target weight for a competition or the start of a new season If you need to lose a lot of weight, and fast, this guide is for you, with Timmins detailing the secrets of cutting edge weight loss for when Emergency Weight Loss is required! Billy draws on his diverse background to bring you the secret techniques used by fighters who need to drop serious weight, in seriously quick time for weigh-ins. Take advantage of the latest advances in our understanding of weight loss, using principles from Paleo, Ketogenic Diets, Intermittent Fasting (IF) and High Intensity Interval Training (HIIT). Sometimes, you just need to get weight off as quickly as possible, by whatever means! Scroll up and grab a copy today.

Book Information

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Ketogenic

Customer Reviews

The author assumes you already know something about the topic and refers you to more scientific texts if you don't. A good technique. I like that the author specifies that this is only for four weeks and that some things that are suggested are only for 24-48 hours. There are better ways to lose weight, but sometimes you have to do it very quickly, even if you know it won't last. That's what this book is for.

The book covered simple guidelines. Gave a good overall comparison of fasting vs paleo vs ketone nix. And clearly defined the difference between a high intensity jump start and long term sustainable behavior. Great start point for anyone.

Very informative. But don't agree about excluding beans. Beans are very healthy and can be consumed in small amounts and still lose weight quickly.

Not only is this a great guide but I also learned so much about why the methods suggested work so well.

Where is the actual plan? Not much here and I feel cheated because this is so flimsy and inadequate as a diet book.

Really good book

Good book!

Had new information I have not seen before. IT IS ALSO SOMETHING that I can do on my own without dues or fees. Thanks Billy!

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